CAFE THOMPSON RECIPE

PAN-SEARED COD FISH FILLET WITH CARBONARA SAFFRON CREAM SAUCE

This dish is a sophisticated fusion balancing the delicate, clean profile of white fish with the intense, aromatic luxury of an egg-based saffron cream. The cod serves as a mild, buttery golden-brown, crispy exterior with moist, translucent flakes inside.

SERVES 6

INGREDIENTS

- Six 6-ounce cod fillets
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 tablespoons olive oil
- 5 large egg yolks
- 2 tablespoons olive oil
- 3/4 cup shallots, minced
- 3 garlic cloves, minced
- 3/4 cup white wine
- 1 1/2 cups heavy cream
- 1 teaspoon saffron threads

DIRECTIONS

Season both sides of the cod fillets with salt and pepper. Heat the 3 tablespoons of olive oil in a large nonstick pan over medium heat. Place the fillets in the pan and sear for 3 to 4 minutes on each side until golden and the internal temperature reaches 145 F.

In a bowl, whisk the egg yolks and then set aside. In a saucepot add the 2 tablespoons of oil, shallots and garlic and cook until translucent. Add the white wine and simmer until reduced by half. Stir in the heavy cream and the saffron. Simmer on low for 3 to 5 minutes until slightly thickened. Turn off the heat and slowly whisk the eggs into the cream sauce to make the carbonara sauce.

Side dishes
Goat Cheese Polenta
Grilled Asparagus

CAFE THOMPSON

THOMPSON HOSPITALITY

ELEVATE
Stories That Affirm & Inspire